

MEETING OF THE WELLNESS SUBCOMMITTEE

Pawtucket School District

School Administration Building, 2nd Floor Conference Room

286 Main Street, Pawtucket, RI 02860

Wednesday, February 23, 2011

Call to Order

The Wellness Subcommittee Meeting was called to order at 6:00 p.m.

by Joanne Bonollo,

Committee Chair. Ms. Bonollo welcomed attending members Solange Morrisette, Linda

Mendonca, Karin Wetherwill and Adriana Vargas. Superintendent Deborah Cylke and Ronnie

Cremonini were also present.

Public Participation - None.

Discussion of Wellness Program Successes To-Date

Karin Wetherill shared photos of U.S. Healthier Schools Award.

Review 'Other-District' On-Line Policies

Karin will continue to review on-line policies from other school districts and send electronic

copies to Joanne and Ronnie.

Goal Setting For 2011

The Committee members agreed to pursue changing the District's Wellness Policy in an

effort to establish clearly structured, updated guidelines for referral by schools and principals. The

next meeting of the Committee will solely focus on policy.

The Superintendent stated she will stand behind state statute, the School Committee and Wellness Committee. She also suggested policy includes "alternatives" such as lists of acceptable snacks, lists of suitable food items for bake sales/social events and possible fundraising methods without food. Prior to final approval by the School Committee, information may be sent to parents, PTA/PTO leaders, union representatives, teachers and principals allowing them time to review pending changes and reasoning to support changes. Feedback would be welcome.

Follow-Up Administrators Meeting - Not reported.

Review - Wellness Practices Across the District

Discussion focused on activities at schools and the need to address issues of unhealthy choices at bake sales, store sales, social events (see Goal Setting for 2011).

US Healthy School Challenge - Award Ceremonies - February 10th

Solange Morrisette reported on the U.S. Department of Agriculture Food and Nutrition

Service's Healthier US Schools Challenge and the award ceremony, which took place on February 10, 2011 at Fallon ES. All elementary schools in the Pawtucket School District have been

recognized for excellence in nutrition and physical activity over the past two years. "Bronze"

awards were given to Potter Burns, Fallon, Nathanael Greene, Winters, Little, Curtis, Baldwin and

Varieur; and prior, Cunningham and Curvin McCabe both received "gold." Solange outlined how

the program is structured.

Superintendent Cylke informed the Committee that Commissioner Gist and the Board of

Regents would like to recognize Pawtucket School District for excelling in the Healthier US Schools

Challenge. An invitation will be sent and the Wellness Committee should be present. No date set.

Employee Wellness

The Committee discussed preventative programs relative to smoking and diabetes for

employees and agreed that a comprehensive wellness program needs to be developed and

implemented in the future. Members talked about "Shape-Up Rhode Island."

Wellness Website

Joanne Bonollo suggested moving the Wellness Committee's website link to the

front/home page of PSD's webpage. Ronnie will look into updating the Wellness Committee's

page and assist if possible. Joanne asked Solange for material from

Sodexo such as nutritional values of food being served at schools.

Welch's School Garden Grants

The deadline for this annual grant has passed. Committee discussed the pros and cons of

school gardens and locations such as Slater, Potter Burns and Curtis.

If a garden meets with

Sodexo's qualifications, produce could be used with the district.

Superintendent Cylke expressed a

teacher would be ideal to oversee gardens as part of a "hands-on" science project or course.

Committee agreed to keep this on the back burner.

RIAPERD Mini-Grant

Karin will check grant deadline date. Committee discussed finding effective ways to

communicate future grant information to specific school departments (i.e., nurses, P.E. teachers,

etc) and Joanne offered to email.

Commodities Workshop & Food Show-Solange reported on Sodexo's participation.

National Food Day - October 24, 2011

Karin reported National Food Day, an outgrowth of Earth Day, sparks interest in the

American diet. The state has a steering committee and the next scheduled meeting is 3/11/11;

Sodexo will attend and Solange will bring back information for the

Wellness Committee. Although

the state will not have event on October 24 of this year, perhaps the district could coordinate

activities for parents and students to promote good nutrition. Ideas to note: PSD may host an

event at a single location to include food-tasting of meals currently being served at schools

(provide recipes); request Title I funds for parent education; create a hands-on cooking activity for

students incorporating math/measurements; provide a cooking demonstration for parents; create

a cookbook to sell as a fundraiser (books could be done in-house producing 100-200 at a time).

Fuel Up To Play

Linda Mendonca updated the Committee on the new fitness/weight room for students and

teachers at Jenks. The room is temporarily up and running, but there are no electrical outlets for

fitness equipment. It was noted to follow-up on a work order, which was submitted September

2010. The fitness/weight room is a result of Jenks students submitting 3,000 entry cards for a

chance to be considered for the contest, and with the help of JMW students, they were the Grand

Prize winner in the National Dairy Counsel's & NFL Healthy School

Makeover competition.

Students wrote, shot and edited a film, which "not only won top honor in New England, but won \$10,000 in prize money." Linda also reported on Family Fitness Night at Jenks. Approximately, 50 people attended in February. A Wii was raffled with proceeds benefitting the purchase of Boys and Girls basketball uniforms.

It was noted, National Breakfast week will kick off March 7-11, 2011 at Jenks.

Shea High School /Catch Grant Medical Facility

Linda Mendonca reported that Shea submitted an application for this grant, and as a result, a medical facility with a doctor/practitioner will be located onsite at the school. Funding came from the Department of Health.

Recycling

Milk carton recycling bins are located inside Jenks and are being used. Linda Mendonca spoke with Dennis Rebelo in Maintenance about emptying the bins. Recycling bins need to be picked up daily to avoid rodent problems. Superintendent Cylke will discuss the recycling program with the City and School Department. Recycling can be done, but it will require daily pickup.

Sodexo is trying to get a cardboard recycling bin for Jenks' main

kitchen.

Report Neighborhood Health - No Report.

Report Blackstone Valley Health

Adriana Vargas informed the Committee as to available services at the health center and

outlined what is currently being provided to Central Falls. She spoke of available free health care

to students to include dental. Joanne Bonollo suggested Blackstone Valley Community Health

Care bid on PSD dental (Grades K-7) at the next bid opening.

Discussion took place how to gain

public attention and make parents aware of health services.

Report Kids First and Great Day of Service Report

Karin reported on a successful Kids First Clean-Up Day at Baldwin ES. The community really

put forth a spectacular effort. This annual event is held on Columbus Day (October 10, 2011) and

there is a significant interest to repeat it at another school sight.

Discussion was held about

pairing schools: Cunningham and Slater; Goff and Burns; Little and Jenks. Superintendent Cylke

will mention to school principals and brainstorm with Joanne Bonollo.

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Report Sodexo

Solange informed the committee of upcoming new foods from Sodexo (i.e., Lo Mein).

Superintendent Cylke spoke of Food Science (aligned with science) as a possible new

course. Currently, only one Middle School offers cooking. A discussion regarding certification took

place. Under the Food Safe Schools Action Guidelines, Solange is a certified trainer in the state of

Rhode Island and led Jenks to becoming the first food safe school in the nation (2005-06).

Sodexo has equipment grant money from 2009, which is still being dispersed. Painting will

be done at Tolman High School and a new oven purchased for Goff Junior High.

Set Next Meeting Date - Will set next meeting in March. Available dates to be emailed to Joanne.

Adjournment - Meeting adjourned at 8:30 p.m.
